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# Iron Content of Food

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## ABSTRACT

This publication presents newly compiled compositional data on the iron content of 277 foods commonly eaten in this country. Values are given only for food groups for which sections of the revised Agriculture Handbook No. 8, Composition of Foods... Raw, Processed, Prepared (AH-8), have not yet been published. This provisional report will be superseded by subsequent sections of AH-8 as they are published.

The level of reliability of the values is given by the number of observations on which the mean values were based and the corresponding sample standard errors. Another measure of reliability, included in a table of food composition for the first time, is the confidence code. This code, based on a critical evaluation of the sources of data from which the mean values were derived, gives an indication of the confidence one can have in how closely the iron content of a food item is represented by the published value.

KEYWORDS: Iron content, foods, reliability, quality index, confidence code.

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# Iron Content of Food

Jacob Exler<sup>1</sup>

## INTRODUCTION

Many people in the United States have dietary intakes of iron, as estimated by using current food consumption tables, which are below the Recommended Dietary Allowance (RDA) (1, 2)<sup>2</sup>. To improve estimates of intakes and provide the basis for dietary guidance, more reliable data on the iron content of food are necessary.

This provisional report updates many of the iron values in the 1963 edition of Agriculture Handbook No. 8, Composition of foods...raw, processed, prepared (3), and in other U.S. Department of Agriculture publications by presenting newly compiled compositional data on the total iron content of foods commonly eaten in this country. Some of the earlier data were based on older, less reliable methods and some were based on relatively few samples. Also, because of the lack of sufficient analytical data, previously published values for iron in most meat products had been calculated as a function of protein as discussed in Appendix B of the 1963 version of AH-8 (3).

Iron values are given here for items in food groups for which sections of the revised AH-8, Composition of Foods...Raw, Processed, and Prepared, have not yet been published. These values were obtained from summaries compiled by the staff at the Consumer Nutrition Division, from data on file and from the USDA Nutrient Data Bank. The values reported here are summarized from data obtained by using improved, iron-specific analytical methods. Sources of data were the published literature, government and academic publications, and industrial and analytical laboratory reports.

For the iron content of items in those food groups for which sections of AH-8 have been revised and published [Dairy and Egg Products (4), Spices and Herbs (5), Baby Foods (6), Fats and Oils (7), Poultry Products (8), Soups, Sauces, and Gravies (9), Sausages and Luncheon Meats (10), and Breakfast Cereals (11)], the appropriate sections should be consulted<sup>3</sup>.

This provisional report will be superseded by subsequent sections of the revised AH-8 as they are published. The values in these future handbook sections will incorporate additional data received after preparation of this report. Therefore, some revision and additions to the iron values presented here should be anticipated in the future sections.

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<sup>1</sup>The author is a Research Chemist with the Consumer Nutrition Division, Human Nutrition Information Service.

<sup>2</sup>Underlined numbers in parentheses refer to Literature Cited, p. 15.

<sup>3</sup>The revised section on Fruits and Fruit Juices (AH-8-9) was published while this report was in press.

## RELIABILITY OF VALUES

Many factors affect the iron content of foods. Content may vary with the time and location of harvest of the raw food. Some processing procedures remove iron from the food while others inadvertently add the nutrient by contamination. Differences in product formulation among manufacturers are another source of iron variability.

The available data and information for iron in the foods listed were not equally satisfactory for deriving values. The level of reliability of the values published in this report is indicated in several ways. Shown are the number of observations on which the mean value is based and the corresponding sample standard error (if the number of samples is greater than two). Also included is a confidence code.

Confidence codes are for use in food tables and in provisional nutrient tables. The purpose of these codes is to give a user an indication of the confidence he can have in the mean values given in these tables. The codes are based on a critical evaluation of the data sets from which the mean values were derived. A quality index (0, 1, 2, or 3) for the data from each data set is assigned by using the criteria in table 1, and the selection and meaning of the confidence codes are shown in table 2.

TABLE 1.--CRITERIA FOR QUALITY INDEX

Evaluation	Documentation of analytical method	Sample handling and appropriateness of analytical method	Quality control
0	None	Totally incorrect handling	No dupli- cates
1	Unpublished, but written	No documentation	Duplicate aliquots
2	Published, but modified	Reasonable, docu- mented common technique	Duplicate samples
3	Complete pub- lished writeup	Extensive docu- mented testing and appropriate method was used	Standard reference materials, spikes, recoveries, or blind duplicates

The lowest value for any criterion becomes the limiting quality index for the data from each data set. The sum of the quality indices from all the data sets used to obtain the overall mean value is the basis for selecting the confidence code for that mean value.



TABLE 2.--SELECTION AND MEANING OF CONFIDENCE CODES

Sum of quality indices	Confidence code	Meaning of confidence code
<u>&gt;6</u>	a	The user can have confidence in the mean value.
3-5	b	The user can have some confidence in the mean value; however, some questions have been raised about the value or the way it was obtained.
1-2	c	There have been some serious questions raised about this value. It should be considered only as a best estimate of the level of this nutrient in this food.

The values reported in table 3 are the means of the data from two or more sources of data in which the mean value for each source does not differ from the overall mean by more than 30 percent. Other values are designated by one or two asterisk(s). A single asterisk (\*) denotes that the data are from a single source. Two asterisks (\*\*) denote that the data are from two or more sources, but the mean from at least one source differs from the overall mean by more than 30 percent.

The data presented in this table, and in food composition tables in general, are intended to represent values of the nutrient content of food on a nationwide, year-round basis. The information on the reliability of each value in this table should be used to assess the confidence in how closely the iron content of a food sample is represented by that value.

#### DESCRIPTION OF THE TABLE

In table 3, each food item is described and the mean iron content in milligrams per 100 grams of the edible portion of the food is given. The sample standard error and the total number of observations are also given. Next are the confidence code and asterisk(s), where appropriate. In the last column, the item numbers are given for those foods that correspond to items in the 1963 edition of AH-8. Dashes in this column denote there was no corresponding food or no value for iron was given in AH-8.

In general, foods that provided less than 2 percent of the U.S. Recommended Daily Allowance (U.S. RDA) for iron per serving were not included in the table. This corresponds to 0.36 milligram per serving and is the level below which, according to Federal

regulations (12), no specific value need be included on a nutrient label. Some foods with iron content below 0.36 milligram per serving were included in the table because values differ from those previously reported, because the food is consumed frequently or in large quantities, or to provide comparison with a closely related food.

"Enriched," as used in this report, refers only to iron and not to any other added nutrient. Foods with added iron must have the iron content per serving listed on the label expressed as the percent of the U.S. RDA. The following chart relating the percent of the U.S. RDA to milligrams is included to assist in estimating iron content from label claims:

<u>Percent</u> <u>U.S. RDA</u>	<u>Iron</u> <u>(mg)</u>
2 .....	0.36
4 .....	.72
8 .....	1.4
10 .....	1.8
15 .....	2.7
25 .....	4.5
45 .....	8.1
50 .....	9.0
100 .....	18.0

Actual iron content may be higher than that claimed on the label as a consequence of the compliance regulation (12).

## IRON BIOAVAILABILITY

The values in table 3 are for the total iron content of the food items and do not take into consideration the bioavailability of the iron in the foods. A practical model has been developed for estimating the amount of available iron in a meal (2, 13, 14).

TABLE 3.--IRON CONTENT OF EDIBLE PORTION OF FOOD

Item No.	Food	Amount of iron in 100 grams			Confidence code <sup>1</sup>	AH-8 Item No. (1963)
		Mean	Standard error	Number of samples		
Milligrams						
BAKERY PRODUCTS						
Breads:						
1	Cracked wheat.....	2.6	0.42	4	b**	444
2	French, enriched.....	2.8	.12	38	a	446
3	Mixed grain.....	3.2	.09	136	a**	---
4	Raisin.....	2.9	.29	11	b	452
Rye:						
5	Pumpernickel.....	2.9	.19	4	b	456
6	Regular.....	2.7	.10	43	b	454
7	Wheat.....	3.5	.05	140	b	---
8	White, enriched.....	3.0	.02	445	a	461
9	Whole wheat.....	3.2	.15	27	a	471
10	Danish pastry.....	1.8	.10	9	b	1899
11	English muffins, plain.....	2.8	.09	25	a**	---
Rolls:						
12	Dinner, enriched.....	3.1	.07	110	a	1902
13	Frankfurter or hamburger, enriched.....	3.0	.03	250	a	1902
14	Rye.....	2.8	( <sup>2</sup> )	2	b	---
15	Tortillas, corn.....	1.9	.06	6	c*	---
BEEF						
16	Hamburger, lean, cooked.....	2.7	.16	4	b*	368
17	Lean meat, cooked.....	2.7	.08	79	b*	---
18	Liver, fried.....	5.7	1.2	5	b*	1267
BEVERAGES						
Alcoholic:						
19	Beer.....	.01	.001	66	a**	394
Wines:						
20	Red.....	.94	.03	172	a**	401
21	White.....	.57	.04	208	a**	401
22	Carbonated, nonalcoholic.....	.07	.01	113	c*	402
						to
						409
Chocolate-flavored beverage powders (add milk):						
23	Plain.....	3.4	.31	19	a**	779
24	With added nutrients.....	21.5	2.0	3	a	---
25	Cocoa mix powder (add water).....	1.1	.11	9	a	780

Continued--

See footnotes at end of table.

TABLE 3.--IRON CONTENT OF EDIBLE PORTION OF FOOD--Continued

Item No.	Food	Amount of iron in 100 grams			Confidence code <sup>1</sup>	AH-8 Item No. (1963)
		Mean	Standard error	Number of samples		
Milligrams						
Coffee:						
26	Instant, powder.....	3.7	0.51	5	a**	799
27	Ground, brewed.....	.01	( <sup>2</sup> )	1	b*	---
Tea, instant, powder:						
28	Sweetened.....	.15	.01	3	b*	---
29	Unsweetened.....	3.8	( <sup>2</sup> )	1	b*	2276
FISH PRODUCTS <sup>3</sup>						
Crustaceans:						
30	Crab, blue, raw meat.....	.58	.07	12	b	---
Shrimp:						
31	Raw meat.....	1.8	.42	6	b*	2042
32	Canned, solids, in water.....	1.7	.38	6	b*	2045
Finfishes:						
Raw fillet:						
33	Bass, striped.....	.84	( <sup>2</sup> )	1	c*	---
34	Cod, Atlantic.....	.43	.10	3	b**	794
35	Flatfishes.....	.31	.02	13	a	1018
36	Ocean perch, Atlantic.....	.92	.05	24	b**	1396
37	Salmon, sockeye.....	.64	( <sup>2</sup> )	2	b*	---
Canned:						
Solids:						
38	Herring, Atlantic, in oil..	3.1	.34	4	c*	---
39	Salmon, sockeye, in water..	.78	.05	20	a**	---
Solids and liquid:						
40	Salmon, pink, in water.....	.83	.04	25	b*	1955
41	Sardines, in tomato sauce..	2.4	.09	29	b	1976
Tuna, in water or oil:						
42	Light meat.....	1.5	.05	107	a**	---
43	White meat.....	.56	.06	35	a	---
Mollusks, raw meat:						
44	Clam, hard shell.....	3.0	.15	106	b	771
45	Oyster, Eastern.....	6.5	.29	164	b	1443
FRUITS AND FRUIT JUICES <sup>3</sup>						
Apples:						
46	Raw.....	.18	.02	119	a**	13
47	Canned, sliced.....	.23	.01	6	b*	---
48	Dried.....	1.4	.10	37	a**	21
49	Juice, canned.....	.37	.03	11	b**	27

Continued--

See footnotes at end of table.

TABLE 3.--IRON CONTENT OF EDIBLE PORTION OF FOOD--Continued

Item No.	Food	Amount of iron in 100 grams			Confidence code <sup>1</sup>	AH-8 Item No. (1963)
		Mean	Standard error	Number of samples		
Milligrams						
50	Applesauce, canned, sweetened....	0.35	0.03	43	a**	29
	Apricots:					
51	Raw.....	.54	.08	31	a**	30
	Canned:					
52	Water pack.....	.54	( <sup>2</sup> )	1	b*	32
53	Juice pack.....	.30	.04	8	a**	33
	Sirup pack:					
54	Light.....	.39	.03	37	b*	34
55	Heavy.....	.30	.01	156	a	35
56	Dried, sulfured.....	4.7	.18	26	a**	39
57	Nectar, canned.....	.38	.02	68	a**	43
58	Avocados, raw.....	1.0	.12	54	b**	64
59	Bananas, raw.....	.31	.02	108	a**	141
60	Blackberries, raw.....	.44	.04	16	c*	417
	Blueberries:					
61	Raw.....	.16	.01	114	a**	424
62	Frozen, sweetened.....	.39	.05	3	c*	428
63	Cherries, sour, red, raw.....	.32	.01	347	a**	662
	Cherries, sweet:					
64	Raw.....	.39	.02	57	a**	663
	Canned:					
65	Water pack.....	.36	( <sup>2</sup> )	1	c*	669
66	Juice pack.....	.58	.12	6	c*	---
67	Sirup pack, heavy.....	.35	.01	82	b*	671
68	Frozen, sweetened.....	.35	.04	3	c*	---
	Cranberries:					
69	Raw.....	.20	.02	16	c*	920
70	Canned, jellied sauce.....	.22	( <sup>2</sup> )	2	c*	923
71	Juice drink.....	.16	.01	4	c*	922
	Currants:					
72	Raw.....	1.2	.23	8	a	944, 945
73	Dried, Zante.....	3.2	.16	37	a	---
74	Dates, dried, pitted.....	1.2	.19	17	b**	952
	Figs:					
75	Canned, sirup pack, heavy.....	.28	.02	18	b*	1005
76	Dried.....	2.2	.16	36	a**	1007
	Fruit cocktail, canned:					
77	Water pack.....	.25	.03	13	b**	1021
78	Juice pack.....	.21	.03	7	b**	---
79	Sirup pack, heavy.....	.29	.01	160	a	1023
	Fruit for salad, canned:					
80	Juice pack.....	.25	.09	7	b**	---
81	Sirup pack, heavy .....	.28	.01	92	a	1027

Continued--

See footnotes at end of table.

TABLE 3.--IRON CONTENT OF EDIBLE PORTION OF FOOD--Continued

Item No.	Food	Amount of iron in 100 grams			Confidence code <sup>1</sup>	AH-8 Item No. (1963)
		Mean	Standard error	Number of samples		
Milligrams						
Grapefruit:						
82	Raw, pink or white.....	0.07	0.01	53	a**	1053
Canned:						
83	Juice pack.....	.21	.05	5	c*	---
84	Sirup pack, light.....	.40	.03	14	b*	1070
Juice, canned:						
85	Unsweetened.....	.20	.02	17	b**	1071
86	Sweetened.....	.36	.03	16	b*	1072
Grapes:						
87	Raw, European.....	.26	.02	44	a**	1085
88	Canned, sirup pack, heavy.....	.94	( <sup>2</sup> )	2	b**	1087
89	Juice, canned, purple.....	.24	.03	17	a**	1088
Mandarin oranges:						
90	Raw.....	.10	.01	16	c*	2262
Canned:						
91	Juice pack.....	.26	( <sup>2</sup> )	2	c*	---
92	Sirup pack, light.....	.37	.03	32	b*	---
Mixed fruit:						
93	Canned, sirup pack, heavy.....	.36	.03	16	b*	---
94	Frozen, sweetened.....	.28	.04	3	c*	---
95	Muskmelon, cantaloup, raw.....	.21	.02	77	a**	1358
96	Nectarines, raw.....	.15	.01	38	b	1374
Oranges:						
97	Raw.....	.08	.004	91	b**	1420
98	Juice, frozen, reconstituted...	.11	.003	457	c*	1437
99	Papayas, raw.....	.10	.02	20	a**	1471
Peaches:						
100	Raw.....	.11	.01	84	a**	1479
Canned:						
101	Water pack.....	.32	.04	16	b	1480
102	Juice pack.....	.27	.03	17	b	1481
Sirup pack:						
103	Light.....	.36	.03	19	b*	1482
104	Heavy.....	.27	.01	316	a	1483
105	Dried, sulfured.....	4.1	.12	24	b	1487
106	Frozen, sweetened.....	.37	.07	3	c*	1490
107	Nectar, canned.....	.19	.04	5	b**	1491
Pears:						
108	Raw.....	.25	.01	42	a**	1502
Canned:						
109	Water pack.....	.21	.02	12	c*	1504
110	Juice pack.....	.29	.06	7	b**	1505
Sirup pack:						
111	Light.....	.28	.01	20	b*	1506
112	Heavy.....	.22	.01	105	a	1507

Continued--

See footnotes at end of table.

TABLE 3.--IRON CONTENT OF EDIBLE PORTION OF FOOD--Continued

Item No.	Food	Amount of iron in 100 grams			Confidence code <sup>1</sup>	AH-8 Item No. (1963)
		Mean	Standard error	Number of samples		
Milligrams						
113	Dried, sulfured.....	2.1	0.09	18	b	1509
114	Nectar, canned.....	.26	.03	8	a	1512
Pineapples:						
115	Raw.....	.37	.02	15	a	1611
Canned:						
116	Juice pack.....	.28	.01	676	a**	1614
117	Sirup pack, heavy.....	.38	.01	185	a**	1616
118	Juice, canned, unsweetened.....	.26	.01	77	a**	1619
119	Plums, canned, juice pack.....	.34	.04	6	c*	---
Prunes:						
120	Canned, sirup pack, heavy.....	.41	.03	20	b**	---
121	Dried.....	2.5	.07	193	a**	1818
122	Juice, canned.....	1.2	.20	30	a**	1821
Raisins:						
123	Seeded (Muscat).....	2.6	.29	34	b**	---
Seedless (Thompson):						
124	Golden.....	1.8	.03	22	b*	---
125	Natural.....	2.1	.09	51	a**	1846
Raspberries, red:						
126	Raw.....	.57	.03	19	b	1849
127	Frozen, sweetened.....	.65	.10	3	c*	1852
128	Rhubarb, raw.....	.22	.02	33	b**	1865
Strawberries:						
129	Raw.....	.38	.04	84	a**	2217
Frozen:						
130	Unsweetened.....	.75	.28	6	b**	---
131	Sweetened, sliced.....	.59	.04	18	a**	2219
132	Tropical fruit salad, canned, sirup pack, heavy.....	.52	.02	25	b*	---
133	Watermelon, raw.....	.17	.01	45	a**	2424
GRAIN PRODUCTS						
134	Barley, pearled, uncooked.....	2.1	.15	5	c*	145, 146
135	Bulgur (parboiled wheat), uncooked	5.6	.74	14	a**	497, 498, 499
Cornmeal:						
136	Whole ground.....	1.8	.05	243	b*	883
137	Degermed, enriched.....	4.3	.07	144	b	885
Macaroni. See Pasta, item 138.						1298
Noodles. See Pasta, item 138.						1377

Continued--

See footnotes at end of table.



TABLE 3.--IRON CONTENT OF EDIBLE PORTION OF FOOD--Continued

Item No.	Food	Amount of iron in 100 grams			Confidence code <sup>1</sup>	AH-8 Item No. (1963)
		Mean	Standard error	Number of samples		
Milligrams						
138	Pasta, enriched, uncooked.....	3.9	0.25	18	a	1298, 1377, 2157
139	Popcorn, popped with oil.....	3.0	( <sup>2</sup> )	2	b*	1655
	Rice, uncooked:					
140	Brown.....	1.8	.23	3	a	1869
	White:					
141	Unenriched.....	1.2	.20	6	b	1877
142	Enriched.....	4.6	.27	18	a**	1871, 1873, 1875
	Spaghetti. See Pasta, item 138.					2157
	Wheat:					
143	Bran, crude.....	10.8	.66	16	a	2446
	Flour:					
144	Whole.....	4.3	.10	21	a	2435
145	All purpose, enriched.....	3.5 <sup>4</sup>	.06	79	a	2439
146	Germ, crude.....	5.6	.48	13	a**	2447
LAMB, VEAL, AND GAME						
147	Frog, leg, raw.....	1.9	( <sup>2</sup> )	2	c*	1020
	Lamb:					
148	Chop, lean meat, broiled.....	1.8	.11	27	b*	1217
149	Leg, lean meat, roasted.....	2.2	.12	29	b*	1187
150	Veal, lean meat, raw.....	.67	.11	4	b**	---
LEGUME PRODUCTS <sup>3</sup>						
	Beans, common:					
	Boiled:					
151	Great northern.....	2.3	.17	16	a**	---
152	Kidney.....	3.6	.27	14	a	---
153	Navy.....	2.6	.08	12	b*	---
154	Pink.....	2.4	.17	5	a	---
155	Pinto.....	3.0	.16	16	a	---
156	White.....	3.0	.24	5	a**	155
	Canned:					
157	Kidney.....	1.3	.04	38	b	---
158	Pinto.....	2.0	.83	4	a**	---
159	Red.....	1.5	.05	11	c*	161
	White, with sauce:					
160	Plain.....	1.5	.03	52	a	---
161	With beef.....	1.6	.08	10	b*	---

Continued--

See footnotes at end of table.



TABLE 3.--IRON CONTENT OF EDIBLE PORTION OF FOOD--Continued

Item No.	Food	Amount of iron in 100 grams			Confidence code <sup>1</sup>	AH-8 Item No. (1963)
		Mean	Standard error	Number of samples		
Milligrams						
162	With frankfurters.....	1.7	0.09	26	b	---
163	With pork.....	1.6	.02	182	a	---
	Beans, lima:					
	Boiled:					
164	Baby.....	2.6	.06	13	a	---
165	Large.....	3.1	.16	14	a**	---
166	Canned, large.....	2.2	.16	6	c**	---
167	Broad beans, canned.....	1.0	( <sup>2</sup> )	1	b*	---
	Chickpeas (garbanzos):					
168	Boiled.....	3.0	.17	17	a**	---
169	Canned.....	1.2	( <sup>2</sup> )	2	b	---
170	Chili, with beans, canned.....	1.9	.09	16	c*	756
	Cowpeas (blackeye peas):					
171	Boiled.....	3.8	.36	17	a**	904
	Canned:					
172	Plain.....	.78	.16	3	a**	---
173	With pork.....	1.4	.05	3	c*	---
174	Lentils, boiled.....	3.6	.24	16	a**	1254
	Peanuts:					
175	Boiled.....	1.0	( <sup>2</sup> )	1	b*	1494
176	Roasted with skins.....	2.1	.17	9	a	1495
177	Peanut butter, chunky or smooth..	1.7	.02	164	a**	---
178	Peas, split, boiled.....	1.1	.03	12	b*	1533
179	Soybeans, fermented product, miso	3.6	( <sup>2</sup> )	2	b**	2142
180	Soybean curd (tofu).....	1.8	.25	3	b	2145
MIXED DISHES <sup>3</sup>						
181	Beef stew, canned.....	1.3	.21	8	a**	372
	Dinners, frozen:					
182	Beef.....	1.4	.08	17	a**	---
183	Fish.....	.73	.04	12	a	---
184	Poultry.....	1.1	.06	16	a	---
185	Shrimp.....	1.4	( <sup>2</sup> )	2	b	---
	Fast foods:					
186	Cheeseburger.....	2.2	.22	5	a**	---
187	Fish sandwich.....	1.0	.15	4	a**	---
188	Hamburger.....	2.6	.27	5	a	---
189	Hot dog.....	1.6	( <sup>2</sup> )	2	b	---
	Meat pies, frozen:					
190	Beef.....	1.5	.47	3	b**	383
191	Poultry.....	.84	.14	6	b**	---
192	Tuna.....	.76	( <sup>2</sup> )	2	b**	---

Continued--

See footnotes at end of table.

TABLE 3.--IRON CONTENT OF EDIBLE PORTION OF FOOD--Continued

Item No.	Food	Amount of iron in 100 grams			Confidence code <sup>1</sup>	AH-8 Item No. (1963)
		Mean	Standard error	Number of samples		
Milligrams						
NUTS AND SEEDS						
193	Almonds, dried.....	4.5	0.09	62	a	8
194	Cashew nuts.....	6.4	.21	14	b**	628
195	Coconut meat, dried, unsweetened.	5.0	( <sup>2</sup> )	2	b**	790
196	Filberts (hazelnuts).....	8.1	( <sup>2</sup> )	2	b	1008
197	Pecans.....	2.6	.37	14	a**	1536
198	Pistachio nuts.....	6.7	.55	13	a**	1626
199	Pumpkin seed kernels, dry.....	10.0	.77	4	c	1833
200	Sunflower seed kernels, dry.....	4.5	1.4	3	c**	2236
201	Walnuts, English.....	3.5	.54	8	a**	2421
PORK PRODUCTS						
	Cured:					
202	Bacon, fried.....	1.7	.14	34	a**	126
203	Ham (approx. 11% fat), roasted.	1.3	.05	3	b*	---
	Fresh:					
204	Leg, shoulder, or sirloin, lean, roasted.....	1.2	.03	59	b	---
205	Liver, raw.....	22.1	1.6	33	a**	1273
206	Loin chop, lean, broiled.....	.81	.04	12	b	1720
SUGARS AND SWEETS						
	Candy, chocolate:					
207	Milk, plain.....	1.2	.08	7	a	587
208	Semi-sweet.....	2.8	.29	6	a**	585
209	Sweet.....	2.2	.20	3	b*	586
210	Chocolate, baking.....	5.5	.62	5	a	759
211	Chocolate sirup, thin type.....	2.6	.20	15	a**	760
	Cocoa, dry powder:					
212	Dutch.....	15.0	2.6	6	b*	782, 784, 786
213	Plain.....	11.1	1.4	6	b*	781, 783, 785
	Molasses, cane:					
214	Blackstrap.....	25.2	3.2	4	b	1341
215	Light.....	5.8	1.1	4	b**	1339

Continued--

See footnotes at end of table.

TABLE 3.--IRON CONTENT OF EDIBLE PORTION OF FOOD--Continued

Item No.	Food	Amount of iron in 100 grams			Confidence code <sup>1</sup>	AH-8 Item No. (1963)
		Mean	Standard error	Number of samples		
Willigrams						
Sirups:						
216	Cane.....	3.4	( <sup>2</sup> )	2	b	2048
Corn:						
217	Dark.....	1.0	( <sup>2</sup> )	1	c*	---
218	Light.....	.10	( <sup>2</sup> )	1	c*	---
219	Maple.....	1.2	( <sup>2</sup> )	1	c*	2049
220	Sorghum.....	14.0	5.1	4	c*	2050
Table blends:						
221	Corn sirup with sugar.....	.10	( <sup>2</sup> )	1	c*	---
222	Cane and corn sirups with sugar.....	2.5	( <sup>2</sup> )	1	c*	---
223	Cane, corn, and maple sirups.	2.7	( <sup>2</sup> )	1	c*	---
224	Sugar, beet or cane, brown.....	2.7	.29	5	a**	2229
VEGETABLE PRODUCTS <sup>3</sup>						
225	Asparagus, green, canned.....	.54	.03	171	a**	48
Beans, canned:						
226	Lima.....	1.6	.05	137	a**	166
227	Snap, green or yellow.....	.88	.04	1426	a**	185, 197
228	Bean sprouts (mung), raw.....	1.6	.32	4	a**	180
Beets:						
229	Raw.....	.91	.30	5	a**	384
230	Canned.....	.67	.03	190	a**	386
231	Broccoli, raw.....	1.1	.30	9	a	483
232	Brussels sprouts, raw.....	1.4	( <sup>2</sup> )	2	b**	489
233	Cabbage, common varieties, raw...	.56	.15	29	a**	512
Carrots:						
234	Raw.....	.51	.02	217	a**	619
235	Canned.....	.63	.03	157	a**	621
236	Cauliflower, raw.....	.58	.09	4	a**	630
237	Celery, Pascal type, raw.....	.48	.22	19	a**	637
238	Collards, frozen.....	1.1	.11	13	a**	810
Corn, sweet:						
239	Canned, regular pack.....	.33	.01	229	a**	847, 848, 849
240	Frozen, kernels, cut off cob...	.45	.05	16	a**	856
241	Cucumber, pared, raw.....	.30	.05	8	a	943
242	Eggplant, raw.....	.54	.25	4	b**	986
243	Kale, leaves only, raw.....	1.7	( <sup>2</sup> )	1	c*	1153
Lettuce, raw:						
244	Iceberg.....	0.57	0.19	72	a**	1258
245	Romaine.....	1.1	( <sup>2</sup> )	1	c*	1257

See footnotes at end of table.

Continued--

TABLE 3.--IRON CONTENT OF EDIBLE PORTION OF FOOD--Continued

Item No.	Food	Amount of iron in 100 grams			Confidence code <sup>1</sup>	AH-8 Item No. (1963)
		Mean	Standard error	Number of samples		
Milligrams						
Mushrooms:						
246	Raw.....	1.7	0.20	26	a**	1354
247	Canned, drained solids.....	.79	.08	6	b**	---
248	Mustard greens, raw.....	1.5	( <sup>2</sup> )	2	b**	1366
249	Okra, raw.....	.80	( <sup>2</sup> )	1	c*	1402
Onions:						
250	Mature, raw.....	.36	.14	44	a**	1412
251	Young green, bulb and entire top, raw.....	1.9	1.1	3	a**	1415
252	Parsley, raw.....	1.6	( <sup>2</sup> )	2	b	1472
253	Parsnips, raw.....	.58	( <sup>2</sup> )	2	b	1473
254	Peas, sweet, canned.....	1.1	.02	478	a**	1523
255	Peas and carrots, canned.....	.74	.02	165	a	---
256	Peas and onions, frozen.....	1.5	( <sup>2</sup> )	2	c*	---
257	Peppers, sweet, raw.....	1.3	.82	5	a**	1545
Potatoes, pared:						
258	Raw.....	.76	.04	84	a**	1785
259	Boiled.....	.35	.08	6	c*	1788
260	Canned.....	1.0	.13	30	b	1796
261	Pumpkin, canned.....	1.4	.10	106	a**	1832
262	Sauerkraut, canned.....	1.5	.09	173	b	1977
Spinach:						
263	Raw.....	2.7	.52	10	a**	2169
264	Canned.....	1.7	.04	230	a	2171
Squash, raw:						
265	Summer varieties.....	.43	.03	11	b	2191
266	Winter varieties.....	.54	.07	5	c*	2199
Sweetpotatoes:						
267	All commercial varieties, raw..	.59	.03	40	a**	2246
268	Canned, sirup pack, light.....	.89	.05	70	b*	2252
Tomatoes:						
269	Raw.....	.48	.01	141	a**	2282
Canned:						
270	Stewed.....	.61	.02	229	a**	---
271	Whole.....	.60	.02	405	a**	2284
272	Tomato juice, canned.....	.55	.02	175	a**	2288
273	Tomato paste.....	3.0	.23	330	a**	2295
274	Tomato sauce, plain.....	.72	.01	525	a**	---
Turnip greens:						
275	Raw.....	1.1	( <sup>2</sup> )	1	c*	2354
276	Canned.....	1.5	.13	5	c*	2357
277	Vegetable juice, canned.....	.44	.03	13	b	2396

<sup>1</sup> See table 2, p. 3 for meanings of confidence codes.<sup>2</sup> No standard error is given when the number of samples is two or less.<sup>3</sup> Data for all canned items are for solids and liquid unless otherwise specified.<sup>4</sup> This value is derived from analytical data. The new enrichment standard for flour (effective July 1983) will be 4.4 mg iron per 100 g.

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